

## INSTRUCTIONS FOR A LOW IODINE DIET

### THE BASICS

1. You can: significantly reduce the amount of iodine in your diet by using salt which is "not iodized". Read the label on the salt container carefully and buy only non-iodized salt. Non-iodized salt may be used in unlimited amounts in this diet. It can be purchased in most local grocery stores and is usually on the shelf next to the iodized salt.
2. The salt used in processing, packaging and preserving canned foods and mixes is iodized. It is important that you avoid these foods. Food packaging laws require that most food labels list the ingredients used in packaging and processing. You will probably find that because salt is frequently used in packaging processed and convenience foods, fresh and fresh/frozen foods are most appropriate foods for a low iodine diet. Most butter and margarine contains iodized salt. Read the labels and purchase only the unsalted product.
3. Tap water, or water from your home faucets is purified with iodine containing compounds. For this reason it is best to use distilled water whenever possible.
4. Not only do bread products contain salt, they also contain a dough conditioner called potassium iodate. Similar iodine containing conditioners are used in most commercial bread and bread products. For this reason commercial breads, rolls, cakes, and pastries are not permitted on a low iodine diet. Homemade breads, rolls, and pastries are allowed if made from a recipe using allowed ingredients (NO MIXES). Remember to use non-iodized salt instead of iodized salt, distilled water instead of tap water and unsalted margarine or butter instead of those which are salted.
5. Red food coloring is used to add pink, red, and brown color to some foods, beverages, and medications. This may add iodine to your diet. Always read the labels of foods which you think may contain artificial red food coloring. If "No artificial color added" is written on the label, then that particular food may be consumed if otherwise allowed on the diet. If "U.S. Certified Color", or "artificial color" or a similar phrase is listed with the ingredients, then that food should be avoided. This applies only to foods which appear red, pink, or brown. Examples are maraschino cherries, some dry cereals, cherry pie filling, strawberry Jell-O, red colored candy, jam, jelly, some mouth washes, and vitamin pills with red or brown coating.
6. You are encouraged to eat three, well- balanced, moderately portioned meals per day. The "Basic Four Food Groups" are excellent guides for planning meals. The following minimum servings per day are recommended for the average adult.
  - 2 3 oz. servings of meat or poultry
  - 4 or more \_ cup servings of fruits and vegetables
  - 4 or more \_ cup or 1 piece servings of breads and cereals (included noodles, rice, potatoes, crackers, etc.)
  - 2 1 cup servings from the milk group (includes cheese)
7. Remember that non-iodized salt, individual herbs and spices may be used to season your food. Baking, boiling, frying, steaming, roasting, braising, and grilling are all acceptable methods of cooking.

8. The following chart lists specific foods included and excluded on a low iodine diet. Foods with an asterisk (\*) are allowed on the diet if artificial red food coloring has not been added.

FOOD ITEMS	FOODS TO AVOID	FOODS ALLOWED
BEVERAGES	cocoa, hot chocolate, carbonated beverages, tomato juice, V-8 juice	coffee, tea, all other juices*
BREADS	ALL commercial breads, rolls, waffles, pancakes, pastries, bread crumbs, and other commercial bread products	Homemade breads, rolls, pastries, and other bread products made with uniodized salt and other allowed ingredients
CEREALS	ALL instant hot cereals, ALL commercial dry cereals except those listed, all hot cereals except those listed	shredded wheat, puffed wheat, puffed rice, sugar smacks, oatmeal, farina, grits, macaroni, rice, noodles, spaghetti
DAIRY PRODUCTS	Buttermilk, eggs, cream, sour cream Note: Eggs may be used only in baking	Milk or yogurt (limit to one 8 oz. serving per day) cheese (limit to one 1 oz. serving per day). non-dairy creamer
MEAT	ALL canned, fresh or frozen fish, caviar, bacon, sausage, am, All canned processed meat luncheon meats, cold cuts, frankfurters, corned beef, meats packaged with sauces or gravies, seasoned with salt, frozen dinners or canned prepared foods, peanut butter	ALL fresh or fresh frozen unseasoned (salted) meats ( beef, lamb, fresh pork, veal, chicken, turkey, duck) limit to 6 oz. per day. Unsalted peanut butter.
FRUITS	Canned tomatoes, maraschino cherries	All other fresh, frozen, or canned fruits*
VEGETABLES	All canned vegetables, frozen mixed vegetables, frozen carrots and peas, frozen lima beans, canned baked beans, kidney, refried, and pinto beans, fresh or frozen spinach	All other fresh and frozen vegetables
FATS	regular butter or margarine, commercial salad dressing, mayonnaise	unsalted butter or margarine, homemade salad dressing made with allowed ingredients, salt restricted mayonnaise, liquid cooking oils, shortening
SOUP	ALL Commercial canned, frozen, or dehydrated soups, broth, or bouillon	Homemade soups prepared with allowed fresh ingredients
DESSERTS	All commercial pies, cakes, cookies, frostings, puddings ice cream, ice milk, and pie fillings except fruit	frozen ices*(water ices), jello*, homemade fruit pies, cakes, or cookies prepared using allowed ingredients
MISCELLANEOUS	Pickles, olives, garlic salt, onion salt, iodized salt, herb and spice mixes, MSG, Accent, catsup, mustard, soy sauce, steak sauce, bacon bits, salted nuts	individual plain herbs and spices, coconut, unsalted nuts, unsalted popcorn without butter (unless uniodized salt and sweet butter)
SWEETS	All commercial candies except those listed, all chocolate	sugar, gum drops*, jelly beans*, hard candy*, marshmallows, jams*, jellies*, honey, syrup*.
LIQUOR	Beer, flavored liquors, or cordials	wine, hard liquor, brandy
WATER	Tap water, mineral water	distilled water
MEDICATIONS	Anti-acid medications in tablet form, vitamin and mineral supplements, nutritional supplements, cod liver oil, kelp, nikoban	TAKE ALL MEDICATION PRESCRIBED BY YOUR PHYSICIAN